



# SYLLABUS AND CURRICULUM OF DIPLOMA IN CMS & ED COURSE

## **DIPLOMA IN COMMUNITY MEDICAL SERVICES & ESSENTIAL DRUGS (CMS & ED)**

The **Diploma in Community Medical Services & Essential Drugs (CMS & ED)** is a healthcare program in India designed to train individuals in **basic medical care**, especially for **rural and underserved areas**.

### **Course Overview**

- **Full Form:** **Diploma in Community Medical Services & Essential Drugs**
- **Duration:** **2 Years + 6 Months (Internship)**
- **Eligibility:**
  - 10+2 pass (Science stream – PCB or PCM usually preferred)
  - Minimum 45–50% marks
  - On the basis of 10th (Only Certificate Courses)

### **Career Opportunities after CMS & ED**

- **Community Medical Center**
- **Rural Health Workers**
- **Primary Health Center (PHC) Assistants**
- **In NGOs, rural clinics, or health awareness campaigns**



## **SEMESTER – I**

PAPER CODE	SUBJECT NAME	THEORY HOURS	PRACTICAL HOURS	THEORY MARKS	PRACTICAL MARKS
<b>CMS101</b>	<b>ANATOMY &amp; PHYSIOLOGY</b>	45 Min	1 Hrs.	50	50
<b>CMS102</b>	<b>PHARMACOLOGY</b>	45 Min	1 Hrs.	50	50
<b>CMS103</b>	<b>PATHOLOGY</b>	45 Min	1 Hrs.	50	50
<b>CMS104</b>	<b>COMMUNITY HEALTH &amp; HYGIENE</b>	45 Min	1 Hrs.	50	50

## **ANATOMY & PHYSIOLOGY**

### **Theory Syllabus**

#### **1. Introduction to Human Body**

- Definition & scope of Anatomy and Physiology
- Levels of structural organization: cells, tissues, organs, systems
- Anatomical terms: planes, positions, directions, regions

#### **2. Cell Biology**

- Structure & function of the cell
- Cell organelles (nucleus, mitochondria, ribosomes, etc.)
- Cell division: mitosis & meiosis
- Basic genetics (chromosomes, DNA, RNA)

#### **3. Tissues**

- Types of tissues:
  - Epithelial tissue
  - Connective tissue
  - Muscular tissue
  - Nervous tissue
- Functions and locations

#### **4. Skeletal System**

- Structure and function of bones
- Types of bones & joints
- Major bones of the body (skull, vertebrae, limbs)
- Disorders: fractures, arthritis, osteoporosis

#### **5. Muscular System**



- Types of muscles: skeletal, smooth, cardiac
- Mechanism of muscle contraction
- Major muscle groups and their functions

## **6. Cardiovascular System**

- Anatomy of the heart: chambers, valves, vessels
- Circulation of blood: pulmonary & systemic
- Blood vessels: arteries, veins, capillaries
- Blood pressure, pulse, ECG (basics)
- Disorders: hypertension, angina, heart attack

## **7. Blood and Lymphatic System**

- Composition and functions of blood
- Blood cells (RBCs, WBCs, platelets)
- Blood groups and coagulation
- Lymphatic system: lymph nodes, spleen, tonsils
- Immunity: innate and acquired

## **8. Respiratory System**

- Structure: nose to alveoli
- Physiology of respiration (inhalation, exhalation)
- Gas exchange
- Disorders: asthma, bronchitis, pneumonia, TB

## **9. Digestive System**

- Structure and function: mouth to anus
- Accessory organs: liver, pancreas, gallbladder
- Digestion and absorption of nutrients
- Disorders: gastritis, ulcers, hepatitis, diarrhea

## **10. Nervous System**

- Divisions: central & peripheral
- Brain: cerebrum, cerebellum, brainstem
- Spinal cord: structure and function
- Reflex action
- Disorders: stroke, epilepsy, meningitis

## **11. Endocrine System**

- Major endocrine glands: pituitary, thyroid, adrenal, pancreas
- Hormones and their functions
- Endocrine disorders: diabetes, thyroid dysfunction

## **12. Urinary System**



- Organs: kidneys, ureters, bladder, urethra
- Function of kidneys: urine formation, acid-base balance
- Disorders: UTI, kidney stones, nephritis

### **13. Reproductive System**

- Male & female reproductive organs
- Menstrual cycle
- Fertilization and pregnancy (basic overview)
- Contraceptive methods
- Common disorders: PCOS, infertility, STDs

### **14. Integumentary System**

- Skin structure: epidermis, dermis, glands
- Functions: protection, sensation, thermoregulation
- Disorders: eczema, scabies, infections

### **15. Special Senses**

- Eye: structure and function
- Ear: hearing and balance
- Nose, tongue, skin: senses of smell, taste, touch

## **Practical Syllabus**

### **I. Introduction to Human Body**

- Identification of anatomical position and terminology
- Identification of body planes and sections
- Study of anatomical charts/models (organs and systems)

### **II. Skeletal System**

- Identification of major bones of the human body (skull, vertebrae, ribs, humerus, femur, pelvis, etc.)
- Demonstration using skeletal models
- Study of bone joints and types (hinge, ball & socket, etc.)

### **III. Circulatory System**

- Identification of heart chambers and major blood vessels using models or charts
- Pulse examination (radial, carotid)
- Measurement of blood pressure using sphygmomanometer

### **IV. Respiratory System**



- Study of respiratory organs through charts/models (nose, pharynx, larynx, trachea, bronchi, lungs)
- Demonstration of breathing movements (chest rise)
- Respiratory rate measurement (normal and abnormal)

#### **V. Digestive System**

- Identification of digestive organs via charts/models (mouth, esophagus, stomach, intestines, liver, pancreas)
- Practical demonstration of abdominal quadrants
- Observation of peristaltic movements (in models)

#### **VI. Nervous System**

- Study of brain and spinal cord (model/chart)
- Identification of parts of the brain – cerebrum, cerebellum, medulla
- Reflex action demonstration (knee jerk)

#### **VII. Reproductive System**

- Identification of male and female reproductive organs (charts/models)
- Understanding of menstruation cycle (via chart)
- Fertilization and fetal development charts

#### **VIII. Excretory System**

- Identification of kidneys, ureters, bladder, urethra
- Urine formation process (flowchart/chart)
- Demonstration of kidney structure using model

#### **IX. Endocrine System**

- Study of major endocrine glands: pituitary, thyroid, adrenal, pancreas
- Observation of location and functions via charts

#### **X. General Practicals**

- Use of microscope (if applicable)
- Basic first aid techniques (cuts, burns, fractures)
- Identification of human body parts in charts or dummies

## **PHARMACOLOGY**

### **Theory Syllabus**



## **1. Introduction to Pharmacology**

- Definition and scope
- History and development of essential drugs
- Sources of drugs: natural, synthetic, biological
- Dosage forms: tablets, capsules, syrups, injections, ointments

## **2. General Pharmacology**

- Routes of drug administration (oral, IV, IM, topical, etc.)
- Absorption, distribution, metabolism, and excretion (ADME)
- Drug actions: agonists, antagonists, receptors
- Factors affecting drug action: age, weight, sex, disease, diet
- Drug dosage calculations (basic)

## **3. Adverse Effects & Drug Safety**

- Types of adverse drug reactions (mild, severe, anaphylactic)
- Drug allergies
- Drug interactions
- Drug dependence and addiction
- Concept of pharmacovigilance

## **4. Essential Drugs**

- Definition & importance (WHO Essential Drug List)
- Rational use of drugs
- Categories of essential drugs used in rural healthcare

## **5. Autonomic Nervous System Drugs**

- Sympathomimetics and sympatholytics (e.g., adrenaline, atenolol)
- Parasympathomimetics and blockers (e.g., atropine)

## **6. Drugs Acting on the Respiratory System**

- Cough suppressants (antitussives)
- Expectorants
- Bronchodilators (e.g., salbutamol, theophylline)
- Antihistamines

## **7. Cardiovascular Drugs**

- Antihypertensives (e.g., amlodipine, atenolol)
- Diuretics (e.g., furosemide)
- Antianginal drugs
- Anticoagulants (basic understanding)

## **8. Gastrointestinal Drugs**



- Antacids, H<sub>2</sub> blockers (e.g., ranitidine), PPIs (e.g., omeprazole)
- Laxatives and purgatives
- Antiemetics (e.g., domperidone, ondansetron)
- Antidiarrheal drugs (e.g., ORS, loperamide)

## **9. Antimicrobials**

- Antibiotics: penicillins, tetracyclines, macrolides, fluoroquinolones
- Antifungals (e.g., clotrimazole, fluconazole)
- Antivirals (basic knowledge)
- Antitubercular drugs (DOTS overview)
- Antibiotic resistance and safe use

## **10. Antiparasitic & Antiprotozoal Drugs**

- Anthelmintics (e.g., albendazole, mebendazole)
- Antimalarials (chloroquine, artemisinin combinations)
- Anti-amoebic drugs (e.g., metronidazole)

## **11. Analgesics, Antipyretics & Anti-Inflammatory Drugs**

- NSAIDs (paracetamol, ibuprofen, diclofenac)
- Opioids (codeine – caution advised)
- Uses, side effects, contraindications

## **12. Central Nervous System Drugs**

- Sedatives and hypnotics (e.g., diazepam)
- Antiepileptic drugs (basic overview)
- Antidepressants and antipsychotics (general awareness)

## **13. Hormones & Endocrine Drugs**

- Insulin (types and administration)
- Oral hypoglycemics (e.g., metformin, glibenclamide)
- Thyroid drugs (e.g., thyroxine)
- Steroids (uses and cautions)

## **14. Vaccines & Immunization**

- Types of vaccines: live, killed, toxoid
- Immunization schedule (as per national guidelines)
- Storage & handling (cold chain)

## **15. Emergency & First Aid Drugs**

- Adrenaline
- ORS
- IV fluids
- Antihistamines



- Antispasmodics
- Antiseptics & disinfectants

## **16. National Health Program Drugs**

- TB (RNTCP), Malaria (NVBDCP), Family Planning (contraceptives)
- Leprosy, HIV-AIDS management kits
- Iron, folic acid, vitamin A, ORS under government schemes

## **Practical Syllabus**

### **I. Drug Identification**

- Identification of commonly used essential drugs (tablets, syrups, injectables, ointments)
- Identification of different drug dosage forms:
  - Tablet
  - Capsule
  - Syrup
  - Injection
  - Drops
  - Ointment
  - Lotion
  - Suppository

### **II. Drug Classification and Label Reading**

- Classification of drugs based on their action (e.g., analgesics, antipyretics, antibiotics, antihypertensives)
- Reading and interpreting medicine labels
- Understanding drug composition, strength, and expiry date
- Brand name vs. generic name identification

### **III. Prescription & Dosage**

- Understanding components of a prescription
- Writing a sample prescription (without violating medical authority)
- Dosage calculation based on age and body weight
- Pediatric and geriatric dose differences

### **IV. Routes of Drug Administration (Demonstration)**

- Oral route – tablet, capsule, liquid administration
- Topical route – ointment, lotion, patches
- Inhalation route – nebulizer (demo only)
- Parenteral routes (demonstration on dummies only):
  - Intramuscular (IM)
  - Subcutaneous (SC)





- Intradermal (ID)
  - Intravenous (IV)
- Use of insulin syringe, tuberculin syringe, disposable syringe

## **V. Drug Storage and Handling**

- General rules for drug storage (temperature, light, moisture sensitivity)
- Handling of thermolabile and photosensitive drugs
- First In First Out (FIFO) principle
- Storage of vaccines and cold chain maintenance (basic overview)

## **VI. Basic Pharmacology Calculations**

- Conversion between mg, ml, grams, liters
- Pediatric dose calculation (Young's rule, Clark's rule – basic understanding)
- Dose preparation from stock solution

## **VII. Aseptic Techniques**

- Handwashing before drug administration
- Use of gloves and mask during injection
- Disinfection of injection site and ampoule neck

# **PATHOLOGY**

## **Theory Syllabus**

### **1. Introduction to Pathology**

- Definition, scope, and branches of pathology
- Importance of pathology in clinical diagnosis
- General concepts: etiology, pathogenesis, lesions, prognosis

### **2. General Pathology**

- **Cell injury and adaptation**
  - Causes and types of cell injury
  - Atrophy, hypertrophy, hyperplasia, metaplasia
- **Inflammation**
  - Acute and chronic inflammation
  - Cardinal signs and mediators
- **Healing and repair**
  - Wound healing process (primary and secondary intention)

### **3. Hematology (Blood Disorders)**

- **Anemias:** iron deficiency, megaloblastic, hemolytic



- **Leukemias:** acute and chronic (basic understanding)
- **Bleeding disorders:** hemophilia, ITP, clotting time/bleeding time
- **CBC interpretation** (hemoglobin, TLC, DLC, ESR)

#### **4. Clinical Microbiology (Basics)**

- Classification of microorganisms: bacteria, viruses, fungi, protozoa
- Common infections: TB, typhoid, malaria, hepatitis, HIV/AIDS
- Sample collection & preservation: blood, urine, sputum, stool, pus
- Basic staining techniques (Gram stain, AFB stain – concept only)
- Universal precautions and infection control

#### **5. Systemic Pathology**

##### **A. Cardiovascular System**

- Atherosclerosis, hypertension, heart failure
- Myocardial infarction (basic concept)

##### **B. Respiratory System**

- Pneumonia, bronchitis, tuberculosis
- Lung abscess (brief overview)

##### **C. Gastrointestinal Tract**

- Gastritis, peptic ulcer, hepatitis, cirrhosis
- Appendicitis, typhoid, diarrhea

##### **D. Urinary System**

- Nephritis, UTI, kidney stones
- Basic urine analysis interpretation

##### **E. Reproductive System**

- PID, STDs, infertility (basic causes)
- Cervical cancer (awareness)

#### **6. Clinical Pathology**

- **Urine Examination**
  - Physical, chemical, microscopic
  - Tests for albumin, sugar, ketones
- **Stool Examination**
  - Consistency, presence of mucus/blood
  - Parasites (e.g., ova, cysts)
- **Sputum Examination**
  - Color, odor, consistency
  - Use in TB diagnosis



- **WBC Count & Differential Count**

- Understanding neutrophils, lymphocytes, eosinophils

## **7. Parasitology**

- Life cycle and pathology of:
  - **Malaria** (Plasmodium)
  - **Worm infestations:** roundworm, hookworm, tapeworm
  - **Amoebiasis, Giardiasis**

## **8. Basics of Histopathology**

- Introduction to biopsy and FNAC
- Basic tissue processing and staining (concept only)
- Role of histopathology in cancer diagnosis

## **9. Laboratory Safety & Ethics**

- Biomedical waste management
- Personal protective equipment (PPE)
- Specimen handling and patient privacy

## **Practical Syllabus**

### **I. Introduction to Laboratory Practices**

- Identification and use of basic laboratory equipment:
  - Test tubes
  - Microscope
  - Centrifuge
  - Glass slides
  - Lancet
  - Dropper
- Understanding lab safety rules and precautions
- Cleaning and sterilization of lab glassware
- Disposal of biomedical waste (sharp, infectious, non-infectious)

### **II. Blood Sample Collection & Examination**

- Methods of blood collection (capillary and venous – demonstration only)
- Preparation of peripheral blood smear
- Hemoglobin estimation using Sahli's method or any available kit
- Total and differential leukocyte count (overview)
- RBC count (principle and method – theory & observation)
- Blood grouping and Rh typing (demonstration/practical observation)
- ESR (Erythrocyte Sedimentation Rate) test demonstration



- Packed Cell Volume (PCV) – demonstration only

### **III. Urine Examination**

- Urine sample collection procedure
- Physical examination of urine – color, clarity, odor, volume
- Chemical examination – pH, albumin, sugar (using dipstick or Benedict's test)
- Microscopic examination of urine (pus cells, RBCs, crystals – demo)

### **IV. Stool Examination**

- Stool sample collection procedure
- Physical examination – color, consistency, presence of mucus or blood
- Detection of ova, cysts, and parasites (under microscope – observation only)
- Occult blood test – demo or kit-based

### **V. Other Common Diagnostic Tests**

- Widal test for typhoid (slide agglutination method – demonstration)
- Malaria parasite test (thick and thin smear – demo)
- Rapid diagnostic tests (RDT kits):
  - Dengue
  - HIV (demo only)
  - HBsAg (Hepatitis B – demo only)

### **VI. Record Maintenance & Patient Interaction**

- Maintaining a pathology practical record book
- Understanding how to fill laboratory report forms
- Basic communication skills with patients during sample collection
- Counseling patients regarding sample collection (fasting, hygiene, etc.)

### **VII. Viva & Internal Assessment**

- Viva voce based on procedures, equipment, and test interpretation
- Spot identification of lab tools or test results
- Internal assessment through record submission and observation

## **COMMUNITY HEALTH & HYGIENE**

### **Theory Syllabus**

#### **1. Introduction to Community Health**

- Definition, aims & scope of community health
- Difference between community health & personal health
- Role of a community health worker



- Primary Health Care: principles and levels
- Millennium Development Goals (MDGs) & Sustainable Development Goals (SDGs)

## **2. Personal Hygiene**

- Importance of personal cleanliness
- Care of skin, hair, teeth, eyes, hands, feet
- Nail hygiene, menstrual hygiene, clothing, and footwear
- Handwashing techniques (WHO guidelines)

## **3. Environmental Hygiene**

- Safe housing standards
- Importance of clean surroundings
- Waste disposal methods (biodegradable & non-biodegradable)
- Importance of air, light, and ventilation
- Control of vectors: mosquitoes, flies, rodents

## **4. Water, Sanitation & Hygiene (WASH)**

- Sources of water: safe vs unsafe
- Water purification methods: boiling, chlorination, filtration
- Sanitation: types of latrines, septic tank system
- Prevention of waterborne diseases
- Concept of open defecation and its effects

## **5. Communicable Diseases & Prevention**

- Modes of disease transmission: direct, indirect, vector-borne
- Communicable diseases: TB, cholera, typhoid, malaria, dengue, COVID-19
- Isolation, quarantine, disinfection
- Role of hygiene in disease prevention
- Common childhood infections: measles, diphtheria, whooping cough

## **6. Immunization & Preventive Services**

- National Immunization Schedule (India)
- Types of vaccines: oral, injectable, live, killed
- Cold chain system
- Role of community workers in vaccination drives

## **7. Nutrition & Community Health**

- Definition and importance of nutrition
- Balanced diet: food groups and nutrients
- Malnutrition: protein energy malnutrition, anemia, vitamin deficiencies
- Community nutrition programs: Mid-Day Meal, ICDS, Iron-Folic Acid distribution

## **8. Maternal and Child Health (MCH)**



- Antenatal, postnatal care
- Safe delivery practices (TBA & institutional)
- Breastfeeding: benefits and techniques
- Growth monitoring of children
- Common neonatal and child illnesses

## **9. Mental Health & Social Hygiene**

- Common mental health issues in the community
- Importance of stress management and counseling
- Stigma of mental illness and awareness
- Role of family and community in mental health care

## **10. Health Education & Communication**

- Principles of health education
- Methods: individual, group, mass communication
- Use of IEC materials (pamphlets, posters, videos)
- Counseling skills for health workers

## **11. First Aid & Community-Based Care**

- Basic first aid: wounds, burns, fractures, fainting
- Handling of emergencies: bleeding, snake bite, poisoning
- Role of community health worker during disasters

## **12. National Health Programs**

- Overview of:
  - **NHM (National Health Mission)**
  - **RCH (Reproductive & Child Health)**
  - **NACP (HIV/AIDS)**
  - **Pulse Polio, Malaria Eradication, Leprosy Control**
  - Family welfare and sanitation campaigns

## **13. Social Determinants of Health**

- Effect of poverty, education, caste, gender, occupation
- Population explosion and its health impact
- Alcohol, tobacco, and drug abuse: prevention and community role

## **14. Record Keeping & Reporting**

- Household survey
- Health card, immunization register, birth/death register
- Reporting formats used by ASHA/ANM/CHWs

## **Practical Syllabus**

### **I. Community Health Survey & Records**



- How to conduct a basic family health survey
- Preparation of a family folder / health register
- Identification of high-risk families (e.g., TB, malnutrition, maternal cases)
- Data collection for common communicable diseases
- Preparing health education reports

## **II. Personal Hygiene Demonstrations**

- Demonstration of correct handwashing technique (6 steps – WHO method)
- Personal grooming and hygiene (nails, hair, clothing, foot care)
- Demonstration of oral hygiene (tooth brushing technique)
- Importance of menstrual hygiene – use of sanitary pads (demo only)
- Role play on personal hygiene awareness

## **III. Environmental Sanitation**

- Water purification methods at home (boiling, filtering, chlorination)
- Sanitation practices – cleaning toilets, waste disposal
- Mosquito control measures (elimination of breeding sites)
- Demonstration of safe food storage and cleanliness
- Importance of ventilation and lighting in a healthy home

## **IV. Health Education & Promotion**

- Preparation of health education charts/posters on:
  - Nutrition
  - Immunization
  - Sanitation
  - Vector-borne diseases
- Role play/skit for community awareness (family planning, hygiene, disease prevention)
- Conducting group discussions and awareness sessions in community settings
- Demonstration of ORS (Oral Rehydration Solution) preparation
- Demonstrating correct use of common health tools (thermometer, BP machine)

## **V. First Aid & Basic Care**

- Basic first aid for cuts, burns, insect bites
- Use of first aid kit – identification of contents
- Dressing and bandaging (minor wounds)
- Transporting a sick patient (demo using stretcher or support method)
- Care of fever, cold, diarrhea, vomiting at home

## **VI. Records, Viva, and Assessment**

- Maintenance of community visit logbook
- Preparation of case study or family folder
- Viva voce on hygiene practices and community interaction



- Internal assessment based on community exposure and participation

## **SEMESTER – II**

<b>PAPER CODE</b>	<b>SUBJECT NAME</b>	<b>THEORY HOURS</b>	<b>PRACTICAL HOURS</b>	<b>THEORY MARKS</b>	<b>PRACTICAL MARKS</b>
<b>CMS101</b>	<b>MEDICAL JURISPRUDENCE</b>	<b>45 Min</b>	<b>1 Hrs.</b>	<b>50</b>	<b>50</b>
<b>CMS102</b>	<b>PRACTICE OF MEDICINE</b>	<b>45 Min</b>	<b>1 Hrs.</b>	<b>50</b>	<b>50</b>
<b>CMS103</b>	<b>FIRST AID &amp; EMERGENCY CARE</b>	<b>45 Min</b>	<b>1 Hrs.</b>	<b>50</b>	<b>50</b>
<b>CMS104</b>	<b>INTERACTION WITH PHC STAFF &amp; PATIENTS</b>	<b>45 Min</b>	<b>1 Hrs.</b>	<b>50</b>	<b>50</b>

## **MEDICAL JURISPRUDENCE**

### **Theory Syllabus**

#### **1. Introduction to Medical Jurisprudence**

- Definition & scope
- History and development in India
- Importance in medical practice
- Legal procedures in courts

#### **2. Legal Procedures and Acts Relevant to Medical Practice**

- Indian Penal Code (IPC) – Sections related to doctors
- Criminal Procedure Code (CrPC)
- Civil Procedure Code (CPC)
- Consumer Protection Act (CPA) & Medical Negligence
- Medical Termination of Pregnancy (MTP) Act
- PCPNDT Act (Pre-Conception & Pre-Natal Diagnostic Techniques Act)
- Organ Transplantation Act
- Mental Health Act
- Narcotic Drugs and Psychotropic Substances Act (NDPS)
- Biomedical Waste Management Rules
- Drugs and Cosmetics Act

#### **3. Medical Ethics**





- Hippocratic Oath
- Declaration of Geneva
- Code of Medical Ethics by MCI/NMC
- Duties and responsibilities of a doctor
- Confidentiality
- Consent – implied, informed, written
- Medical negligence and liability
- Professional misconduct

#### **4. Legal Aspects of Medical Practice**

- Licensing and registration of medical practitioners
- Doctor-patient relationship
- Civil vs criminal negligence
- Vicarious liability
- Malpractice & defenses
- Documentation and Medical Records

#### **5. Types of Injuries and Legal Aspects**

- Types of injuries: abrasions, contusions, lacerations, incised wounds, stab wounds, firearm injuries
- Age of injuries
- Homicide, suicide, accidental injuries
- Examination of injured persons
- Legal duties of doctors in injury cases

#### **6. Death and Related Legal Issues**

- Types of death: natural, accidental, suicidal, homicidal
- Signs of death
- Postmortem changes – rigor mortis, livor mortis
- Estimation of time since death
- Brain death
- Certification of death
- Legal issues in unnatural deaths

#### **7. Medico-Legal Autopsy**

- Definition and objectives
- Difference between clinical autopsy & medico-legal autopsy
- Procedure and protocols
- Preservation of viscera and specimens
- Exhumation

#### **8. Sexual Offences & Examination**

- Rape, sexual assault – legal definitions (Section 375 & 376 IPC)
- Examination of rape victim & accused
- Consent in sexual offences



- Child sexual abuse – POCSO Act
- Virginitv and pregnancy determination

## **9. Identification**

- Methods: fingerprints, dental, scars, tattoos, DNA profiling
- Determination of age and sex
- Forensic odontology

## **10. Poisoning**

- Classification of poisons
- Common poisons: arsenic, organophosphates, alcohol, sleeping pills
- Signs, symptoms, and treatment
- Duties of doctors in poisoning cases
- Preservation and dispatch of samples
- Legal implications

## **11. Forensic Psychiatry**

- Mental illness and legal responsibility
- Criminal responsibility (McNaughten Rule)
- Admission and discharge procedures in mental hospitals
- Testamentary capacity
- Civil and criminal implications

## **12. Infanticide, Abortion & Related Offences**

- Definition and medico-legal aspects of infanticide
- Stillbirth vs live birth
- MTP – indications, procedure, consent
- Abandonment of newborns
- Dowry death and maternal mortality

## **13. Human Rights and Medical Practice**

- Right to life and health
- Rights of patients
- Ethical considerations in treatment
- Role of Human Rights Commission

## **Practical Syllabus**

- Writing of Medicolegal Report (MLC)
- Preparation of Injury Certificate
- Death Certificate (Natural & Unnatural)
- Consent Forms (Implied, Informed, Written)
- Medical Fitness Certificate
- Identification by Scars, Tattoos, Birthmarks
- Age & Sex Estimation (Physical Features/Charts)



- Observation of Rigor Mortis, Livor Mortis
- Classification of Injuries (Simple vs Grievous)
- Poison Case Documentation
- Demonstration of Poison Sample Collection
- Role Play – Consent Taking Procedure
- Sexual Offence Case Handling (Theoretical)
- Mental Illness & Criminal Responsibility (Theory)
- Ethical Responsibilities & Record Maintenance

## **PRACTICE OF MEDICINE**

### **Theory Syllabus**

#### **1. Introduction to Practice of Medicine**

- Definition and scope
- History and evolution of modern medicine
- Role of CMS & ED practitioner in rural healthcare
- Principles of diagnosis and treatment
- Use of essential drugs

#### **2. General Examination of the Patient**

- History taking (chief complaints, present illness, past illness, personal & family history)
- General physical examination:
  - Temperature, pulse, respiration, BP
  - Pallor, cyanosis, icterus, edema, lymph nodes
- Systemic examination:
  - Cardiovascular, respiratory, gastrointestinal, nervous system, musculoskeletal, skin

#### **3. Communicable Diseases**

- Signs, symptoms, prevention, and treatment of:
  - Tuberculosis
  - Typhoid
  - Malaria
  - Dengue
  - Leprosy
  - Hepatitis A, B, C
  - HIV/AIDS
  - Measles, mumps, rubella
  - Chickenpox
  - COVID-19 basics

#### **4. Non-Communicable Diseases (NCDs)**

- Hypertension
- Diabetes mellitus



- Asthma and COPD
- Obesity and lifestyle diseases
- Cancer (basic awareness)
- Epilepsy

## **5. Common Clinical Conditions & Management**

- Fever (types and causes)
- Cough, cold, sore throat
- Vomiting, diarrhea, dehydration
- Anemia
- Headache and migraine
- Joint pain and arthritis
- Urinary tract infections
- Skin infections: fungal, bacterial, scabies
- Abdominal pain, constipation, gastritis

## **6. First Aid & Emergency Management**

- Wounds and bleeding
- Fractures and sprains
- Burns and scalds
- Snakebite, dog bite
- Poisoning (common household & agricultural)
- Shock and unconsciousness
- CPR (basic steps)
- Management of fever convulsions

## **7. Maternal and Child Health (MCH)**

- Antenatal care (ANC) and postnatal care (PNC)
- Normal delivery – identification and referral
- Minor obstetric complications
- Infant and child care
- Growth monitoring
- Common childhood illnesses: diarrhea, pneumonia, fever

## **8. Pharmacological Treatment Using Essential Drugs**

- WHO Essential Drugs list – introduction
- Rational use of common medicines
- Dosage, route of administration
- Contraindications, side effects
- Drug storage and handling
- Prescription writing (basic)

## **9. Immunization & National Health Programs**

- Immunization schedule (childhood vaccines)
- Pulse Polio Program



- National programs for:
  - Tuberculosis (RNTCP/NTEP)
  - Malaria
  - Leprosy (NLEP)
  - HIV/AIDS (NACP)
  - Anemia control
  - Maternal & Child Health

## **10. Public Health & Hygiene (Introduction)**

- Safe drinking water
- Sanitation and personal hygiene
- Waste disposal
- Vector control
- Environmental health basics
- Role of health education

## **11. Medical Ethics & Legal Responsibilities**

- Patient confidentiality
- Informed consent
- Referral when needed
- Record keeping
- Legal boundaries for CMS & ED practitioners
- Prohibited medications/procedures under law

## **Practical Syllabus**

- History taking from patient (chief complaints, medical, family history)
- General physical examination:
  - Temperature, pulse, respiration, blood pressure
  - Pallor, cyanosis, edema, jaundice
- Systemic examination:
  - Respiratory system (inspection, palpation, percussion, auscultation)
  - Cardiovascular system (heart sounds, pulse, BP)
  - Gastrointestinal system (abdomen palpation, bowel sounds)
  - Central Nervous System (reflexes, sensory-motor check – basic)
- Examination of fever case and recording findings
- Clinical diagnosis of common illnesses (e.g., malaria, typhoid, anemia)
- Measurement of height, weight, and BMI
- Diagnosis and management plan for diarrhea and dehydration
- Use of stethoscope and sphygmomanometer
- Blood sugar testing using glucometer (demo)
- Oral rehydration solution (ORS) preparation and administration
- Identification of essential drugs and their use
- Basic prescription writing (symptom-based)



- Fever management (paracetamol, tepid sponging, hydration)
- Diagnosis and first-line treatment of respiratory infections
- Treatment protocol for hypertension and diabetes (basic level)
- Wound care and infection prevention (minor cases)
- Use of thermometer (oral, axillary, digital)
- Patient education on hygiene, nutrition, lifestyle modification
- Identification of red-flag signs for referral
- Documentation and record-keeping of outpatient cases

## **FIRST AID & EMERGENCY CARE**

### **Theory Syllabus**

#### **1. Introduction to First Aid**

- Definition and importance
- Scope of first aid in CMS & ED practice
- Principles of first aid
- Good Samaritan Law
- Roles and responsibilities of a first aider

#### **2. Basic Life Support (BLS)**

- CPR (Cardiopulmonary Resuscitation) – adult, child, infant
- Recovery position
- Heimlich maneuver (choking)
- Artificial respiration
- Handling unconscious patients

#### **3. First Aid Kit**

- Essential contents of a first aid box
- Sterilization of instruments
- Dressing materials and their uses
- Use and disposal of gloves, masks, bandages

#### **4. Wounds and Bleeding**

- Types of wounds: incised, lacerated, punctured, abrasions
- Control of bleeding (direct pressure, elevation, tourniquet – with caution)
- Dressing and bandaging techniques
- Infection prevention

#### **5. Fractures and Dislocations**

- Signs and symptoms
- First aid for fractures and dislocations



- Immobilization techniques (splinting)
- Transport of fracture patients

## **6. Burns and Scalds**

- Types and degrees of burns
- Rule of 9s (extent of burn surface area)
- First aid for minor and major burns
- Do's and don'ts in burns
- Electrical and chemical burns

## **7. Shock and Unconsciousness**

- Types of shock (hypovolemic, anaphylactic, etc.)
- Signs and symptoms
- First aid management
- Positioning and fluid replacement (oral)

## **8. Poisoning and Bites**

- General principles of first aid in poisoning
- First aid for:
  - Snake bite
  - Scorpion and insect stings
  - Dog bite, human bite
  - Food poisoning
  - Household chemical poisoning

## **9. Heat and Cold Injuries**

- Heat stroke and heat exhaustion
- Frostbite and hypothermia
- Prevention and first aid management

## **10. Drowning and Suffocation**

- Rescue principles in drowning
- Artificial breathing methods
- First aid for near-drowning
- Suffocation and strangulation basics

## **11. Seizures and Fainting**

- First aid during epileptic seizures
- Handling febrile seizures in children
- Management of fainting (syncope)

## **12. Emergency Childbirth**

- Recognizing signs of labor



- Preparing for normal delivery in emergency
- Cutting and tying the cord (clean practices)
- Post-delivery care for mother and baby
- When to refer to hospital

### **13. Transportation of Patients**

- Lifting and carrying techniques
- Use of stretcher, improvised stretchers
- Positioning of unconscious or injured patients
- Precautions during transport

### **14. Disaster Management Basics**

- Introduction to disaster types
- Role of first responders
- Basic triage concept
- Community preparedness

## **Practical Syllabus**

- Preparation and handling of First Aid Kit
- Demonstration of Cardiopulmonary Resuscitation (CPR) – adult, child, infant
- Recovery position for unconscious patients
- Management of choking (Heimlich maneuver)
- Bandaging techniques for head, arm, leg, hand, foot injuries
- Dressing of open wounds (sterile & non-sterile techniques)
- Control of bleeding using pressure, elevation, tourniquet
- Immobilization of fractures with splints
- First aid for burns – minor and major
- Management of shock – positioning and support
- Handling seizures (epileptic & febrile) – safety measures
- First aid for snake bite, dog bite, insect sting
- ORS preparation and administration in dehydration
- Artificial respiration (mouth-to-mouth or mask-based)
- Demonstration of emergency delivery (on model/dummy)
- Safe transportation of injured/unconscious patients
- Handling fainting and collapse cases
- Role play: first responder in disaster/accident situation
- Identification and use of basic emergency drugs (for display)
- Disposal of used medical waste & gloves (infection control)

## **INTERACTION WITH PHC STAFF & PATIENTS**

## **Theory Syllabus**





## **1. Introduction to Primary Health Centre (PHC)**

- Structure and functions of a PHC
- Role of PHC in the rural healthcare system
- Services provided at PHC (OPD, immunization, MCH, etc.)
- Introduction to staff hierarchy (MO, ANM, GNM, ASHA, pharmacist, etc.)

## **2. Professional Behavior at PHC**

- Code of conduct for CMS & ED practitioner
- Discipline, punctuality, and ethics
- Role in supporting PHC services
- Following reporting and referral protocols

## **3. Communication Skills**

- Verbal and non-verbal communication
- Active listening techniques
- Communicating with illiterate or low-literacy patients
- Building trust with patients and community
- Use of local language and respectful tone

## **4. Interaction with PHC Staff**

- Coordination with medical officers and nursing staff
- Understanding the role of ANM, ASHA, and other workers
- Participating in health camps and awareness drives
- Proper communication in documentation and reporting

## **5. Interaction with Patients**

- Patient registration and basic case history taking
- Explaining diagnosis and treatment in simple terms
- Counseling patients for hygiene, nutrition, medication compliance
- Addressing common fears and misconceptions
- Ensuring confidentiality and patient rights

## **6. Field Visits & Community Engagement**

- Home visits with ASHA/ANM (if allowed)
- Assisting in immunization drives
- Involvement in maternal & child care activities
- Awareness sessions on communicable diseases, sanitation, etc.

## **7. Patient Education & Counseling**

- Educating on preventive healthcare
- Importance of hand hygiene, safe drinking water
- Promoting antenatal/postnatal care awareness
- Nutritional counseling for mother and child



- Family planning education (basic level)

## **8. Documentation and Record-Keeping**

- Outpatient record maintenance
- Referrals and follow-up tracking
- Immunization and ANC records
- Basic registers used in PHC

## **9. Emergency Handling & Referral**

- Recognizing critical cases needing referral
- Coordinating with PHC for ambulance or transport
- Explaining referral to patient and family
- Documenting referral slips properly

## **10. Role in National Health Programs**

- Participating in programs like:
  - Pulse Polio
  - TB (NTEP)
  - Malaria surveillance
  - Anemia control
  - MCH & nutrition days
- Helping PHC team in surveys and data collection

### **Practical Syllabus**

- Visit to a Primary Health Centre (PHC)
- Observation of PHC structure and functioning
- Introduction and interaction with PHC staff (MO, ANM, GNM, ASHA, Lab Tech, etc.)
- Assisting in OPD patient registration and initial screening
- Practice of polite and professional communication with patients
- History taking and basic case sheet preparation
- Counseling patients on hygiene, nutrition, medication, and follow-up
- Observing antenatal and postnatal care services
- Assisting ANM/ASHA in immunization sessions
- Participating in community outreach programs (if scheduled)
- Educating patients using health education materials (charts, posters)
- Observing basic emergency care and referral system
- Practice of verbal and non-verbal communication in rural settings
- Maintenance of patient records and basic health registers
- Role-play: counseling on TB, malaria, hygiene, or family planning
- Observation of coordination during PHC-level health camps
- Learning the referral process and filling referral slips
- Participation in government health awareness days (e.g., Nutrition Day, Pulse Polio)
- Understanding reporting formats used in PHC
- Group discussion and reporting on field visit experience



### SEMESTER – III

PAPER CODE	SUBJECT NAME	THEORY HOURS	PRACTICAL HOURS	THEORY MARKS	PRACTICAL MARKS
CMS101	OBSTETRICS & GYNECOLOGY	45 Min	1 Hrs.	50	50
CMS102	HEALTH EDUCATION, PLANNING & MANAGEMENT	45 Min	1 Hrs.	50	50
CMS103	COMMUNITY MEDICINE & MEDICAL ETHICS	45 Min	1 Hrs.	50	50
CMS104	PRIMARY HEALTH CARE	45 Min	1 Hrs.	50	50

### **OBSTETRICS & GYNECOLOGY**

#### Theory Syllabus

##### 1. Introduction to Obstetrics & Gynecology

- Definition and scope
- Importance in rural and primary health care
- Role of CMS & ED practitioners in maternal and reproductive health

##### 2. Female Reproductive Anatomy & Physiology

- Female reproductive organs – structure and function
- Menstrual cycle – phases, hormonal control
- Ovulation, fertilization, implantation
- Puberty and menopause

##### 3. Pregnancy and Antenatal Care (ANC)

- Signs and symptoms of pregnancy
- Diagnosis of pregnancy (clinical & lab methods)
- Calculation of expected date of delivery (EDD)
- Antenatal visits and schedule
- Routine antenatal investigations
- Nutrition and supplements during pregnancy (Iron, Folic Acid, Calcium)
- Identification of high-risk pregnancy
- Minor discomforts of pregnancy and their management

##### 4. Normal Labor and Delivery

- Stages of labor
- Signs of onset of labor
- Mechanism of normal labor



- Conducting normal delivery (basic knowledge)
- Clean delivery practices
- Cutting and tying the umbilical cord
- Immediate care of the newborn
- Indications for referral during labor

### **5. Postnatal Care (PNC)**

- Monitoring of mother and baby in postnatal period
- Breastfeeding practices and problems
- Postnatal exercises and hygiene
- Family planning counseling
- Recognition of postpartum complications

### **6. Common Obstetric Complications (Identification & Referral)**

- Anemia in pregnancy
- Pre-eclampsia and eclampsia
- Antepartum and postpartum hemorrhage
- Prolonged labor
- Abortion (types and management)
- Ectopic pregnancy
- Retained placenta
- Postpartum sepsis

### **7. Gynecological Disorders (Basics)**

- Menstrual disorders (amenorrhea, menorrhagia, dysmenorrhea)
- White discharge (leucorrhea)
- Vaginal infections (bacterial, fungal)
- Pelvic inflammatory disease (PID)
- Uterine prolapse (basic awareness)
- Breast examination and common conditions

### **8. Family Planning & Contraception**

- Methods of contraception:
  - Barrier (condoms)
  - Oral contraceptive pills (OCPs)
  - IUCD (basic understanding)
  - Injectable contraceptives
  - Natural methods
- Emergency contraception
- Counseling for family planning

### **9. Maternal & Child Health (MCH) Services**

- Importance of safe motherhood
- Immunization schedule for infants
- Growth monitoring of children



- Maternal nutrition
- Role of ASHA/ANM in reproductive health

## **10. National Programs Related to Reproductive Health**

- Janani Suraksha Yojana (JSY)
- Janani Shishu Suraksha Karyakram (JSSK)
- RMNCH+A (Reproductive, Maternal, Newborn, Child + Adolescent Health)
- Mission Indradhanush
- Menstrual hygiene schemes

### **Practical Syllabus**

- History taking in obstetric and gynecological cases
- Clinical examination of a pregnant woman
- Calculation of Last Menstrual Period (LMP) and Estimated Date of Delivery (EDD)
- Measuring fundal height and assessing fetal growth
- Monitoring fetal heart sounds using fetal Doppler or fetoscope
- Blood pressure, weight, and urine check during antenatal visits
- Identification of danger signs in pregnancy
- Counseling for antenatal nutrition and iron/calcium supplementation
- Observation of antenatal check-up at PHC/clinic
- Demonstration of normal delivery on model/mannequin
- Clean cord cutting and tying technique
- Immediate care of the newborn (cleaning, wrapping, APGAR basics)
- Breastfeeding positioning and counseling
- Postnatal care: vital signs, bleeding check, hygiene education
- Family planning counseling (use of charts/models)
- Demonstration of condom and oral contraceptive use
- Identification of common gynecological symptoms (discharge, menstrual irregularities)
- Preparation of referral slips in high-risk pregnancy or complications
- Menstrual hygiene education for adolescent girls (role-play/demo)
- Observation of immunization and growth monitoring (MCH services)

## **HEALTH EDUCATION, PLANNING & MANAGEMENT**

### **Theory Syllabus**

#### **1. Introduction to Health Education**

- Definition, scope, and objectives of health education
- Principles of health education
- Importance in rural and community health
- Role of CMS & ED workers in health promotion

#### **2. Methods and Media of Health Education**

- Individual and group health education
- Mass communication methods (radio, posters, street plays, etc.)



- Use of visual aids (charts, flipbooks, models)
- Health talks and demonstrations
- IEC (Information, Education & Communication) materials

### **3. Health Behavior and Communication**

- Factors affecting health behavior
- Behavior change communication (BCC)
- Barriers in communication
- Communication skills for health workers
- Interpersonal communication (IPC) in healthcare

### **4. School and Community Health Education**

- School health programs
- Educating children about hygiene, nutrition, and personal care
- Organizing community awareness campaigns
- Health education on communicable diseases, maternal health, sanitation

### **5. Introduction to Health Planning**

- Meaning and importance of health planning
- National health planning in India
- Five-Year Plans in health development
- Health goals under National Health Policy

### **6. Health Management and Administration**

- Principles of health management
- Levels of healthcare: primary, secondary, tertiary
- Role of Primary Health Centre (PHC) and sub-centres
- Planning, organizing, staffing, supervising, and reporting in healthcare

### **7. Health Program Implementation**

- Basics of program planning and execution
- Monitoring and evaluation of health programs
- Data collection and reporting
- Supervision at field level
- Problem-solving at local level

### **8. Leadership and Teamwork in Health Services**

- Types of leadership styles in healthcare
- Importance of teamwork
- Role of CMS & ED worker in the health team
- Motivation and conflict resolution

### **9. National Health Programs Overview**



- Introduction to major programs like:
  - National Health Mission (NHM)
  - National Tuberculosis Elimination Program (NTEP)
  - National Vector Borne Disease Control Program (NVBDCP)
  - Reproductive, Maternal, Newborn, Child & Adolescent Health (RMNCH+A)
  - Ayushman Bharat – Health & Wellness Centres

## **10. Health Management Information System (HMIS)**

- Importance of health data and indicators
- Types of records and reports in healthcare
- Use of HMIS at PHC and sub-centre level
- Reporting formats and data flow

## **11. Role of WHO and Health Committees**

- WHO and its functions in health planning
- Recommendations of major health committees (Bhore, Mudaliar, Kartar Singh)
- Universal Health Coverage (UHC) goals

## **Practical Syllabus**

- Preparation and presentation of a health talk (any topic – hygiene, nutrition, etc.)
- Use of IEC (Information, Education & Communication) materials (charts, posters, models)
- Organizing group discussions or street plays for health awareness
- Role-play on effective patient communication and counseling
- Demonstration of interpersonal communication techniques
- Conducting a community survey (sample format – health needs, hygiene practices)
- Preparation of simple health education charts or posters
- Participation in school health education activity (if possible)
- Observation of ongoing health programs at PHC/Sub-Centre
- Visit to PHC to understand health service delivery structure
- Record-keeping practice: daily register, immunization register, health cards
- Preparation of health action plan for a small community group
- Data collection and simple health report writing
- Participation in health awareness day (e.g., World Health Day, Nutrition Week)
- Identifying local health problems and planning solutions (problem-solving exercise)
- Observation of team meetings at PHC level
- Practice of supervision and reporting techniques
- Preparing a plan for organizing a health camp or awareness session
- Discussion on major national health programs and how to support them
- Group project or field presentation on any public health topic

## **COMMUNITY MEDICINE & MEDICAL ETHICS**

### **Theory Syllabus**





## **PART A: COMMUNITY MEDICINE SYLLABUS**

### **1. Introduction to Community Medicine**

- Definition and scope
- Objectives and importance in rural healthcare
- Concepts of health and disease
- Indicators of health (mortality, morbidity, fertility)

### **2. Social and Preventive Medicine**

- Natural history of disease
- Levels of prevention: primary, secondary, tertiary
- Modes of disease transmission and control
- Role of community health worker in prevention

### **3. Environmental Health**

- Safe water sources and purification methods
- Sanitation and waste disposal
- Air pollution and its health impact
- Vector control (mosquitoes, flies, rodents)

### **4. Nutrition and Health**

- Balanced diet – components and functions
- Nutritional deficiencies (protein energy malnutrition, anemia, rickets, etc.)
- Nutrition programs in India
- Malnutrition in children and women

### **5. Epidemiology**

- Definition, uses, and methods
- Common epidemiological terms
- Outbreak investigation basics
- Epidemiology of common communicable diseases (TB, malaria, dengue, typhoid)

### **6. Immunization & Cold Chain**

- National immunization schedule
- Vaccine types and storage
- Cold chain maintenance
- Role of CMS & ED in vaccination drives

### **7. National Health Programs**

- Overview of major national health programs:
  - National Health Mission (NHM)
  - NTEP (Tuberculosis)
  - NVBDCP (Malaria, Dengue, Filariasis)





- RMNCH+A
- Polio eradication program
- Anemia Mukht Bharat

## **8. Family and Community Health**

- Concept of family and community health
- Maternal and child health (MCH) services
- Adolescent health and school health services
- Geriatric care basics

## **9. Health Education and Communication**

- Principles and methods of health education
- Behavior change communication (BCC)
- Use of IEC materials in public health
- Role of ASHA/ANM/CMS-ED in awareness building

## **10. Health Statistics and Records**

- Importance of health data
- Basic statistical terms (mean, percentage, ratio)
- Health records, registers, reporting systems
- Use of data for planning and evaluation

## **PART B: MEDICAL ETHICS SYLLABUS**

### **1. Introduction to Medical Ethics**

- Definition and principles (autonomy, beneficence, non-maleficence, justice)
- Importance in primary healthcare
- Role of CMS & ED practitioners in ethical practice

### **2. Code of Conduct**

- Professional behavior and discipline
- Do's and don'ts in patient care
- Boundaries of CMS & ED practice
- Referrals and consultation ethics

### **3. Informed Consent**

- Definition and types (implied, informed, written)
- Importance in medical practice
- Consent in emergency and minor treatment

### **4. Patient Rights and Confidentiality**

- Right to privacy and dignity
- Maintaining confidentiality of patient information



- Respect for patient beliefs and decisions

## **5. Medical Negligence**

- Definition and examples
- Legal responsibilities of CMS & ED practitioners
- Common medico-legal pitfalls
- Safe documentation practices

## **6. Ethical Issues in Community Practice**

- Resource limitations and ethical prioritization
- Handling stigmatized illnesses (e.g., HIV, TB, leprosy)
- Ethics in maternal and child health
- End-of-life care basics

## **Practical Syllabus**

### **A. COMMUNITY MEDICINE PRACTICALS**

- Conducting a family health survey (demographic & health data collection)
- Health education session using IEC materials (charts, posters, models)
- Demonstration of handwashing technique (WHO steps)
- Observation and identification of safe water sources
- Visit to PHC/Sub-centre and study of available health services
- Demonstration of oral rehydration therapy (ORT) preparation
- Nutritional assessment of child using growth chart (weight-for-age)
- Observation of immunization session and cold chain maintenance
- Mosquito breeding site identification and control practices
- Preparation of balanced diet chart for different age groups
- Field visit to assess sanitation and hygiene conditions
- Outbreak case study simulation (e.g., diarrhea or malaria cluster)
- Group discussion on prevention of communicable diseases
- Demonstration of waste segregation and disposal techniques
- Observation of national health programs implemented locally

### **B. MEDICAL ETHICS PRACTICALS**

- Role-play on doctor-patient communication (respect, empathy)
- Simulation of informed consent process in a patient scenario
- Group discussion on patient rights and confidentiality
- Case-based discussion on ethical dilemma in community practice
- Observation of ethical practices at PHC/clinic
- Preparation of ethical code checklist for CMS & ED practitioners
- Record-keeping practice with focus on accuracy and confidentiality
- Situational role-play on handling refusal of treatment
- Simulated discussion on referral ethics and patient safety
- Case scenarios on medical negligence and preventive actions



## **PRIMARY HEALTH CARE**

### **Theory Syllabus**

#### **1. Introduction to Primary Health Care (PHC)**

- Definition and objectives
- Principles of primary health care
- Alma-Ata Declaration (1978) and its importance
- Role of CMS & ED practitioner in PHC delivery

#### **2. Elements of Primary Health Care**

- Health education and promotion
- Nutrition and food supply
- Safe water and sanitation
- Maternal and child healthcare
- Immunization
- Control of endemic diseases
- Appropriate treatment of common diseases and injuries
- Provision of essential drugs

#### **3. Health Infrastructure in India**

- Structure: Sub-centres, PHC, CHC
- Functions and staffing of each level
- Referral system and its importance
- Role of ASHA, ANM, and MPW in primary care

#### **4. Maternal & Child Health Services (MCH)**

- Antenatal care, postnatal care
- Institutional deliveries and safe motherhood
- Growth monitoring and immunization
- Infant and young child feeding practices
- Prevention of malnutrition

#### **5. National Health Programs under PHC**

- National Health Mission (NHM)
- RMNCH+A (Reproductive, Maternal, Newborn, Child & Adolescent Health)
- Universal Immunization Program (UIP)
- Tuberculosis Control (NTEP)
- National Vector Borne Disease Control Program (NVBDCP)
- Family Planning Program
- Ayushman Bharat and Health & Wellness Centres

#### **6. Communicable & Non-communicable Diseases Management**



- Identification and early treatment of common infections (TB, malaria, diarrhea, RTI, skin diseases)
- Awareness and basic management of NCDs (hypertension, diabetes, etc.)
- Lifestyle modification advice
- Patient education and follow-up

## **7. Community Participation and Health Promotion**

- Role of community in health
- Participatory learning approaches (PLA)
- Village Health Nutrition Day (VHND)
- Health awareness campaigns
- Collaboration with NGOs and local leaders

## **8. Essential Drug Management**

- Concept of essential drugs and rational use
- Storage and handling of common medicines
- Drug distribution system at PHC level
- Role of CMS & ED practitioner in drug dispensing

## **9. Record Keeping and Health Information**

- Importance of proper documentation
- Daily reporting formats used in PHC
- Immunization registers, ANC registers, family planning records
- Basics of HMIS (Health Management Information System)

## **10. First Aid and Emergency Response at PHC Level**

- Managing minor injuries, wounds, burns
- Handling of common emergencies like fainting, convulsions, bleeding
- Use of emergency kits
- Referral in case of serious conditions

## **Practical Syllabus**

### **A. FIELD & COMMUNITY PRACTICE**

1. Conducting **home visits** and maintaining visit records
2. **Registration of pregnant women**, children, and eligible couples
3. **Antenatal check-up demonstration** (BP, weight, fetal heart sound)
4. Observation of **immunization session** (at PHC/Sub-Centre)
5. Participation in **Village Health Nutrition Day (VHND)**
6. Identifying **malnourished children using MUAC tape**
7. Preparation and demonstration of **oral rehydration solution (ORS)**
8. Participating in **sanitation awareness drive** in village/community
9. Conducting a **simple community survey** (health/hygiene-related)
10. Observing **PHC/Sub-centre infrastructure and record-keeping system**



## B. HEALTH EDUCATION & PROMOTION

11. Giving a **health talk** on any primary health care topic (e.g., hygiene, immunization)
12. Use of **IEC (Information, Education, Communication)** materials (posters, models)
13. Organizing or participating in **health camps/awareness rallies**
14. Preparing **balanced diet charts** for different age groups
15. Demonstrating **handwashing technique** (5 WHO steps)

## C. ESSENTIAL SERVICES AT PHC LEVEL

16. Assisting in **minor wound dressing** and applying basic first aid
17. Observation of **drug distribution system** at PHC/Sub-centre
18. Identifying and writing prescriptions for **common illnesses** (within CMS & ED scope)
19. Learning about **emergency drug kit usage**
20. Preparing a **referral slip** for complicated cases

## D. RECORD KEEPING & MANAGEMENT

21. Filling of **ANC register, immunization register, family planning register**
22. Practice of **simple medical record maintenance**
23. Preparing a **monthly health report** format for village-level data
24. Observing and noting **referral process and feedback documentation**
25. Conducting mock **PHC team meeting** or group discussion on public health issues

## SEMESTER – IV

PAPER CODE	SUBJECT NAME	THEORY HOURS	PRACTICAL HOURS	THEORY MARKS	PRACTICAL MARKS
CMS101	HANDLING ESSENTIAL DRUG	45 Min	1 Hrs.	50	50
CMS102	MANAGEMENT OF DISEASES	45 Min	1 Hrs.	50	50
CMS103	COMMON MEDICAL ALIMENT & THEIR TREATMENT	45 Min	1 Hrs.	50	50
CMS104	SOCIAL & PREVENTIVE MEDICINE	45 Min	1 Hrs.	50	50

## HANDLING ESSENTIAL DRUG



## Theory Syllabus

### 1. Introduction to Essential Drugs

- Definition of essential drugs (WHO & Government of India perspective)
- Importance and objectives of essential drug concept
- National Essential Drug List (EDL)
- Role of CMS & ED practitioners in essential drug distribution

### 2. Classification of Essential Drugs

- Drugs for common illnesses (fever, pain, infections, diarrhea)
- Antipyretics, analgesics, antibiotics, antacids, antihistamines
- Antidiarrheals, oral rehydration salts (ORS), antifungals, antiseptics
- Emergency drugs – adrenaline, atropine, etc.
- Common pediatric and geriatric medicines

### 3. Drug Dosage and Administration

- Units of measurement (mg, ml, IU, etc.)
- Calculation of correct dose (adult & pediatric)
- Routes of drug administration: oral, topical, injectable
- Dose frequency and duration
- Reading and interpreting prescriptions

### 4. Drug Storage and Handling

- General principles of drug storage (temperature, humidity, light)
- Drug categorization for storage (antibiotics, injectables, syrups, etc.)
- Storage of vaccines and cold chain maintenance basics
- Handling of emergency drugs and first aid kits
- FIFO & FEFO methods (First In First Out, First Expiry First Out)

### 5. Dispensing and Labeling

- Correct dispensing practices
- Proper labeling of drugs (name, dose, timing, expiry)
- Counseling patients on drug usage
- Preventing medication errors

### 6. Rational Use of Drugs

- Definition and importance
- Avoiding polypharmacy
- Use of antibiotics – when and when not to prescribe
- Resistance and consequences of irrational use
- Referral in case of adverse drug reactions

### 7. Drug Regulations and Legal Aspects



- Schedule H, Schedule X drugs – handling restrictions
- Over-the-counter (OTC) vs. prescription drugs
- Ethical guidelines in dispensing drugs
- Record maintenance for dispensed drugs
- Role of regulatory bodies (CDSCO, state drug authorities)

## **8. Common Drug Side Effects & Management**

- Identification of common side effects and allergic reactions
- Immediate management of adverse drug events
- Importance of pharmacovigilance and reporting

## **9. Drug Kit Familiarization**

- Components of primary healthcare drug kit
- Role of CMS & ED practitioner in kit usage
- Maintenance and timely replenishment

## **10. Patient Communication and Education**

- Instructing patients on correct drug intake
- Advising on missed doses, food-drug interactions
- Educating on completing the full course of medication (especially antibiotics)
- Counseling for chronic medications (BP, sugar, etc.)

## **Practical Syllabus**

### **1. Drug Identification & Classification**

- Identifying essential drugs used in PHC settings
- Sorting drugs into categories: analgesics, antibiotics, antipyretics, etc.
- Reading drug labels and recognizing expiry/manufacture dates

### **2. Drug Storage & Inventory Management**

- Demonstrating proper drug storage (cool, dry, labeled shelves)
- FIFO & FEFO method application (First In First Out / First Expiry First Out)
- Arranging drugs according to type and usage
- Maintenance of **stock register** and **daily drug issue register**

### **3. Drug Dosage Calculation & Administration**

- Demonstrating adult & pediatric dose calculation (weight/age-based)
- Practical use of measuring devices (syringes, droppers, measuring cups)
- Oral vs topical vs injectable route administration simulation
- Mock preparation of ORS and reconstitution of dry syrups

### **4. Drug Dispensing & Labeling**

- Step-by-step demonstration of dispensing tablets, syrups, ointments





- Writing patient-specific drug labels (name, dose, timing, duration)
- Demonstrating safe handling of emergency drugs (e.g., adrenaline)
- Ensuring hygiene while dispensing (use of gloves, clean surfaces)

## **5. Patient Counseling & Communication**

- Role-play: Explaining drug usage to illiterate/rural patients
- Instructions for missed doses, food–drug interactions
- Advising patients on completing full course of antibiotics
- Creating awareness about overuse and misuse of medications

## **6. Adverse Drug Reaction (ADR) Management**

- Identifying common side effects (rash, nausea, allergy)
- Demonstrating steps for managing minor ADRs
- Mock referral procedure in case of serious drug reactions

## **7. Ethical & Legal Aspects in Drug Handling**

- Observation of Schedule H / Schedule X drug rules
- Mock entries in drug register for prescribed medications
- Demonstrating safe disposal of expired or damaged drugs

## **8. Field Training & Community Practice**

- Observing drug storage at PHC/Sub-centre
- Participating in essential drug distribution during VHND/health camps
- Demonstration of emergency drug kit usage during first aid scenarios

# **MANAGEMENT OF DISEASES**

## **Theory Syllabus**

### **1. Introduction to Disease Management**

- Definition and classification of diseases
- Communicable vs Non-communicable diseases
- Acute vs Chronic diseases
- Principles of disease diagnosis and management
- Role of CMS & ED practitioner in primary disease care

### **2. Management of Communicable Diseases**

#### ***(A) Respiratory Tract Infections***

- Common cold, influenza
- Acute bronchitis, pneumonia
- Tuberculosis (early signs, referral, DOTS basics)





### ***(B) Gastrointestinal Infections***

- Diarrhea, dysentery
- Gastroenteritis
- Typhoid, cholera
- Worm infestations

### ***(C) Vector-borne Diseases***

- Malaria: symptoms, diagnosis, treatment, prevention
- Dengue and chikungunya: symptomatic treatment and referral
- Filariasis and Japanese encephalitis (overview and referral protocol)

### ***(D) Skin & Fungal Infections***

- Scabies, ringworm, dermatitis
- Basic treatment with topical and oral medications

### ***(E) Sexually Transmitted Infections (STIs)***

- Identification and basic counseling
- Referral for further treatment

## **3. Management of Non-Communicable Diseases (NCDs)**

- Hypertension: signs, BP monitoring, lifestyle advice, basic drugs
- Diabetes: symptoms, blood sugar testing, drug/diet advice
- Asthma: triggers, inhaler usage, emergency care
- Anemia (especially in women and children): diagnosis and iron supplementation
- Arthritis and joint disorders: symptomatic treatment, patient education

## **4. First Aid & Emergency Management**

- Fever, pain, bleeding, burns
- Wound care and minor injuries
- Fainting, convulsions, shock
- Snake bite and dog bite (initial care and referral)
- Handling poisoning cases

## **5. Pediatric Disease Management**

- Fever, cough, diarrhea in children
- Worm infestations
- Vitamin deficiencies
- Growth monitoring and immunization schedule
- Danger signs and referral

## **6. Reproductive and Maternal Health**

- Management of common gynecological symptoms (leucorrhoea, UTI)



- Antenatal and postnatal care (minor ailments, anemia)
- Family planning services and counseling
- Referral for complicated pregnancies and deliveries

## **7. Common Ophthalmic & ENT Conditions**

- Conjunctivitis, eye infections
- Ear pain, wax impaction, throat infections
- First aid for foreign bodies in eye, ear, or nose

## **8. Mental Health and Counseling**

- Basic identification of anxiety, depression, addiction
- Supportive counseling techniques
- Referral and follow-up of psychiatric cases

## **9. Geriatric Care**

- Common problems in elderly: joint pain, BP, sugar, insomnia
- Health check-ups and follow-up advice
- Nutrition and care tips for the aged

## **10. Record Keeping and Referral**

- Maintaining patient case sheets and disease registers
- Referral slips and follow-up documentation
- Monitoring drug response and side effects

## **Practical Syllabus**

### **1. Patient History & Examination**

- Practicing complete patient history taking
- Measuring vital signs: Temperature, Pulse, BP, Respiratory Rate
- Identifying symptoms: cough, fever, pain, breathlessness, etc.
- General physical examination techniques

### **2. Identification & Management of Common Illnesses**

- Diagnosing and treating:
  - Fever (malaria, viral, typhoid)
  - Diarrhea and dehydration (ORS preparation and use)
  - Respiratory infections (cold, cough, pneumonia)
  - Skin infections (fungal, scabies)
- Monitoring improvement and drug response

### **3. Non-Communicable Diseases (NCDs)**

- BP measurement (manual & digital) and hypertension management
- Capillary blood glucose test using glucometer



- Recording and interpreting sugar levels
- Counseling on diet, lifestyle, and medication adherence for diabetes & hypertension

#### **4. Pediatric Case Handling**

- Measuring weight, height, MUAC for child growth monitoring
- Detecting common childhood diseases (fever, worm infestation, cough, cold)
- Administration of deworming drugs and basic nutritional advice
- Identifying signs of malnutrition and referral when needed

#### **5. Reproductive & Maternal Health**

- Antenatal check-up practice: BP, weight, fetal movement inquiry
- Identifying minor pregnancy-related complaints (nausea, backache, anemia)
- Referral of high-risk pregnancies
- Counseling on iron, calcium supplements, and diet

#### **6. Basic First Aid & Emergency Management**

- Management of minor injuries, cuts, and burns
- Handling fainting, minor bleeding, fever, and convulsions
- Basic care for snake bite, dog bite, and poisoning before referral
- Demonstrating use of first aid kit & emergency drugs

#### **7. Health Counseling & Disease Education**

- Educating patients about disease prevention and hygiene
- Explaining drug course and follow-up requirements
- Demonstrating the importance of immunization, nutrition, and lifestyle changes
- Conducting mock patient counseling sessions

#### **8. Use of Essential Drugs in Disease Management**

- Selecting and dispensing proper drugs for common diseases
- Explaining dosage, timing, and side effects to patients
- Writing simple prescriptions and labels
- Safe storage and handling of frequently used medicines

#### **9. Referral and Follow-Up**

- Identifying red flag signs requiring referral
- Preparing and filling referral slips properly
- Simulated referral of serious cases (e.g., suspected TB, uncontrolled diabetes)
- Recording follow-up visits and patient feedback

### **COMMON MEDICAL ALIMENT & THEIR TREATMENT**



## Theory Syllabus

### 1. Introduction to Common Ailments

- Definition of common ailments
- Role of CMS & ED practitioner in diagnosis and basic treatment
- Importance of early identification and community-based care

### 2. Fever & Febrile Conditions

- Types of fever: acute, intermittent, chronic
- Causes: viral, bacterial, malaria, typhoid, etc.
- Symptom identification and use of antipyretics
- Referral indicators for prolonged fever

### 3. Respiratory Conditions

- Common cold and flu: symptomatic treatment
- Cough (dry, productive): identification and treatment
- Bronchitis, asthma: inhaler usage, emergency care
- Pneumonia: recognition, basic care, and referral

### 4. Gastrointestinal Disorders

- Diarrhea and dehydration: ORS preparation and use
- Constipation: dietary advice and laxative usage
- Vomiting and nausea: causes and treatment
- Worm infestation: diagnosis and deworming

### 5. Skin Ailments

- Fungal infections: ringworm, candidiasis – antifungal creams/tablets
- Scabies and lice: topical treatments and hygiene education
- Boils and minor wounds: antiseptic care
- Allergic reactions: antihistamines and identification of cause

### 6. Musculoskeletal Issues

- Body ache, back pain, joint pain – NSAIDs and massage
- Arthritis: types, symptoms, pain management
- Strains and sprains: cold compress, rest, analgesics

### 7. Headache & Migraine

- Common causes and differentiation
- Use of analgesics and hydration tips
- Lifestyle and dietary triggers

### 8. Eye & Ear Conditions



- Conjunctivitis: causes and treatment with eye drops
- Foreign body removal (basic level only)
- Earache and wax impaction: ear drops, referral if needed

### **9. Urinary Tract Infections (UTI)**

- Identification of burning micturition, frequency
- Use of urinary alkalizers and antibiotics
- Hygiene counseling and fluid intake

### **10. Minor Injuries & First Aid**

- Cuts, wounds, burns: cleaning, dressing, topical antiseptics
- Minor bleeding: pressure application and dressing
- Insect bites and stings: local care and antihistamines

### **11. Anemia and Nutritional Deficiencies**

- Signs and symptoms of anemia
- Iron, folic acid, vitamin supplements
- Nutritional counseling (especially for women and children)

### **12. Dental & Oral Problems**

- Toothache, gum infections, ulcers
- Oral hygiene education
- Referral in case of severe pain or swelling

### **13. Female Reproductive Ailments**

- Leucorrhea, menstrual irregularities, lower abdominal pain
- Basic treatment and counseling
- Importance of hygiene and referral if needed

### **14. Common Pediatric Ailments**

- Fever, cold, cough, diarrhea in children
- Nutrition, growth monitoring, immunization awareness
- Pediatric dosage calculation

### **15. Counseling & Preventive Care**

- Health education for hygiene, nutrition, and sanitation
- Preventing self-medication and misuse of antibiotics
- Promoting regular health check-ups

## **Practical Syllabus**

### **1. Patient Examination**



- Practice of history taking and symptom identification
- Checking vital signs (Temp, Pulse, BP, Respiration)
- Clinical observation of skin, throat, eyes, and abdomen

## **2. Fever Management**

- Use of digital/mercury thermometer
- Identification of fever type (viral, malaria, typhoid)
- Use of antipyretics (paracetamol) and tepid sponging
- Referral criteria for prolonged/high fever

## **3. Respiratory Ailments**

- Auscultation practice (if tools available)
- Managing common cold, cough with syrups, steam inhalation
- Use and demonstration of inhalers (for asthma)
- Recognizing signs of pneumonia or TB for referral

## **4. Diarrhea & GI Disorders**

- Preparation and administration of ORS
- Use of antispasmodics, antiemetics
- Identifying dehydration signs
- Hygiene instruction for patients

## **5. Skin Conditions**

- Application of antifungal creams/lotions
- Cleaning and dressing minor wounds or boils
- Demonstration of scabies and lice treatment
- Personal hygiene counseling

## **6. Pain & Body Aches**

- Use of NSAIDs and local ointments
- Identifying non-specific body ache and muscular pain
- Guidance on rest, hydration, and posture

## **7. Headache & Migraine**

- Use of analgesics and hydration techniques
- Identifying migraine vs. simple headache
- Relaxation techniques and stress management advice

## **8. ENT & Eye Problems**

- Use of eye drops for conjunctivitis
- Use of ear drops for wax removal or earache
- First aid for foreign body in eye/ear
- Referral for chronic ENT issues



## **9. UTI Management**

- Recording symptoms (burning, urgency, pain)
- Use of urinary alkalizers and antibiotics
- Fluid intake and hygiene counseling

## **10. First Aid for Minor Injuries**

- Cleaning wounds and applying antiseptic
- Bandaging techniques
- First aid for minor burns and insect bites
- Identification of red-flag signs for referral

## **11. Anemia & Nutrition**

- Recognizing symptoms (fatigue, pallor)
- Prescribing iron, folic acid tablets
- Dietary counseling (iron-rich foods)

## **12. Common Pediatric Ailments**

- Calculating pediatric dosages
- Use of paracetamol, ORS, deworming syrup
- Monitoring child growth (weight, MUAC)

## **13. Reproductive Ailments in Females**

- Identifying symptoms like leucorrhea, menstrual irregularities
- Basic treatment and hygiene guidance
- Referral in case of chronic or painful conditions

## **14. Health Education & Counseling**

- Educating patients about hygiene and disease prevention
- Demonstrating correct medicine usage
- Counseling against misuse of antibiotics
- Promoting timely medical consultation

# **SOCIAL & PREVENTIVE MEDICINE**

## **Theory Syllabus**

### **1. Introduction to Social Medicine**

- Definition, concept, and scope of Social Medicine
- Relationship between medicine and society
- Social factors affecting health and disease
- Social determinants of health (housing, education, sanitation, etc.)



## **2. Preventive Medicine: Concept & Application**

- Definition and levels of prevention:
  - Primordial
  - Primary
  - Secondary
  - Tertiary
- Natural history of disease
- Modes of disease prevention (health promotion, specific protection)

## **3. Epidemiology**

- Definition and uses of epidemiology
- Measurement of health and disease (rates, ratios, proportions)
- Types of epidemiological studies (descriptive, analytical, experimental)
- Surveillance and outbreak investigation basics
- Common screening methods in community practice

## **4. Environment and Health**

- Water sources and purification methods
- Air pollution: causes, effects, prevention
- Waste disposal and sanitation
- Vector control: mosquitoes, flies, rodents
- Housing standards for healthy living

## **5. Nutrition & Health**

- Nutrients: proteins, carbohydrates, fats, vitamins, minerals
- Balanced diet and nutritional requirements
- Malnutrition: PEM, anemia, vitamin deficiencies
- National nutritional programs (e.g., ICDS, Mid-Day Meal)

## **6. Communicable Diseases**

- General principles of control & prevention
- Modes of transmission and prevention strategies
- Detailed study of:
  - Tuberculosis
  - Malaria
  - Dengue
  - Typhoid
  - Diarrheal diseases
  - Measles
  - HIV/AIDS
  - Hepatitis
- Role of immunization and isolation

## **7. Non-Communicable Diseases (NCDs)**





- Causes and prevention of:
  - Hypertension
  - Diabetes
  - Cancer
  - Obesity
- Lifestyle modification and early detection
- Screening programs and counseling

## **8. Family and Community Health**

- Concept of family health care
- Maternal and child health (MCH)
- Immunization schedule (UIP)
- Growth monitoring
- Family planning methods

## **9. Occupational Health**

- Occupational hazards and diseases
- Industrial health services
- Prevention and control measures
- Health education for workers

## **10. Health Education & Communication**

- Definition, methods, and principles
- Role of IEC in disease prevention
- Use of audio-visual aids and group discussion
- Community participation in health

## **11. Health Programs & Policies**

- Overview of National Health Programs:
  - NRHM
  - RNTCP (TB)
  - NVBDCP (Malaria)
  - NACP (HIV/AIDS)
  - NIDDCP (Iodine)
- Public health infrastructure: Sub-Centre, PHC, CHC
- Health management information system (HMIS)

## **12. Demography & Vital Statistics**

- Definitions: birth rate, death rate, fertility rate
- Census and population trends in India
- Health indicators and their importance
- Use of statistics in health planning

## **13. Immunization & Cold Chain Management**



- Vaccines: types, storage, and administration
- Cold chain system – maintenance and equipment
- National Immunization Schedule
- Adverse Event Following Immunization (AEFI) management

## **14. Disaster Management & Public Health Emergencies**

- Definition and types of disasters
- Role of CMS & ED practitioner in disaster response
- Basic triage and emergency health services
- Disease prevention in disaster-affected areas

## **Practical Syllabus**

### **1. Assessment of Social Factors**

- Recording patient's socioeconomic, housing & education status
- Identifying environmental factors affecting health
- Case documentation based on social determinants

### **2. Practice of Preventive Medicine**

- Application of health education to prevent disease
- Demonstrating use of masks, gloves, and hygiene in community settings
- Organizing awareness activities on handwashing, sanitation, etc.

### **3. Epidemiological Observations**

- Filling basic epidemiological forms (case sheets, surveys)
- Measuring disease incidence in a small area
- Reporting suspected outbreaks to PHC

### **4. Water, Sanitation & Environment**

- Demonstrating safe drinking water storage and purification
- Field visit to local water supply/treatment unit
- Identification and reporting of unhygienic areas
- Demonstration of proper waste disposal techniques

### **5. Nutrition Education**

- Diet chart preparation for children, pregnant women, anemic patients
- Demonstrating nutritional assessment (weight, BMI, MUAC)
- Educating patients on balanced diets

### **6. Communicable Disease Control**

- Isolation and referral procedure practice
- Use of mosquito nets, repellents, and source reduction activities
- Explaining transmission cycles and control of TB, malaria, dengue



- Promoting cough hygiene and mask usage

## **7. Non-Communicable Disease (NCD) Screening**

- Blood pressure & blood sugar recording
- Patient counseling for lifestyle modification
- Identifying obesity and teaching weight management

## **8. Family Health & MCH**

- Growth monitoring in children (weight & height charting)
- Counseling on immunization and breastfeeding
- Educating mothers on ANC/PNC care
- Demonstrating usage of contraceptives

## **9. Occupational Health**

- Identifying common occupational risks in field visits
- Advising on prevention of occupational diseases
- Basic PPE demonstration for workers

## **10. Health Education & Communication**

- Practicing health talks in small groups (hygiene, nutrition, etc.)
- Using posters, charts, flashcards for education
- Organizing community awareness programs

## **11. Cold Chain & Vaccine Handling**

- Demonstrating cold chain equipment (Ice-lined refrigerator, cold boxes)
- Safe vaccine storage and handling
- Monitoring vaccine temperature using thermometers

## **12. Vital Statistics**

- Calculating simple birth/death rate using given data
- Collecting health data from a field survey
- Preparing basic health reports

## **13. Disaster Preparedness**

- Preparing emergency first aid and supply kits
- Basic triage demonstration (categorizing patients)
- Role play/drill for flood, epidemic response



## **LIST OF HOLIDAYS**

<b>TOTAL DAY IN 1 YEAR</b>	<b>365/366</b>
<b>SUNDAY</b>	<b>52 DAYS</b>
<b>SUMMER VACATION</b>	<b>10 DAYS</b>
<b>WINTER VACATION</b>	<b>10 DAYS</b>
<b>GAZETTED HOLIDAYS</b>	<b>23 DAYS</b>
<b>OTHER HOLIDAYS</b>	<b>20 DAYS</b>
<b>TOTAL HOLIDAYS</b>	<b>115 DAYS</b>
<b>TOTAL WORKING DAYS</b>	<b>365-115=250</b>

## **TOTAL HOURS**

<b>THEORY CLASS PER DAY</b>	<b>3 HOURS</b>
<b>PRACTICAL CLASS PER DAY</b>	<b>4 HOURS</b>
<b>TOTAL HOURS PER DAY</b>	<b>7 HOURS</b>
<b>TOTAL HOURS IN 1 YEAR</b>	<b>250*7=1750</b>
<b>TOTAL HOURS IN 6 MONTHS</b>	<b>875 HOURS</b>



**Chairman**

**Paramedical Education & Training Council**